



U.S. Central Command

Coalition Spouses Briefing

May 10, 2016

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Agenda

- 6 Medical Group “Flight Medicine Clinic”
- Health & Wellness Center (HAWC)
- 6 Forces Support Squadron Resources
- CENTCOM Family Readiness



(UNCLASSIFIED//FOUO)



AEROSPACE AND OPERATIONAL MEDICINE CLINIC

813-827-9817/9805



(UNCLASSIFIED//FOUO)

OVERVIEW



- Mission
- Appointments
- MTF Services
- Off Base Services



MISSION



- **Flight Mission:** Provide Aerospace Medicine Services ensuring maximum wartime readiness and provide primary medical care for military aviators, their dependents, and eligible beneficiaries, including **FOREIGN MILITARY OFFICERS and their dependents** (5 years and older) at MacDill.

Closed the 4th Monday of every month for training



APPOINTMENTS

- For routine or chronic medical problems please call our clinic at **827-9605/9606**.
- **Clinic Hours: 0700-1600**
- **Active Duty/Sick Call** is reserved for those with an acute medical condition that may preclude performance of duty.
 - **Walk-in 0700-0800**
 - **Walk-in 1500-1600 – Flyers only (DNIF/RTFS)**
 - **Call Nurse Advice Line (NAL) – 828-2273**



OFF BASE SERVICES



- Off base services are plentiful in the Tampa Bay area, however coverage to visit a specialist is dependent on the agreement with your country of origin.
- Contact the **Health Benefits Advisor** for a full explanation of your medical coverage.
 - **827-9277 or 827-9717**

For emergency on base or off base, DIAL 911

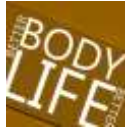


Questions?

Health Promotion (Health & Wellness Center)

Wellness:

- Diabetes Prevention
- Better Body. Better Life.
- Tobacco Cessation
- Supplements: Not All Are Created Equal
- Lifestyle Support Group



Fitness:

- Running Clinic
- Fuel To The Max!
- Bike-It!



Human Performance:

- Bod Pod Body Composition
- Metabolic Testing (must meet criteria)



Other HAWC Services:

- Massage Chair/Private Relaxation Room
- Health Screenings
- MARC- Relaxation Room, Classes



Health Promotion (Health & Wellness Center)

Mon-Wed-Fri 0800-1600

Tues 1300-1600 Thur 0800-1130



8115 Cypress Stand Drive 813-828-4739

www.macdillafb.bestofhealth.com

www.facebook.com/macdillhawc



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6TH FORCE SUPPORT SQUADRON RESOURCES

■ BASE, BAY & BEYOND MAGAZINE

- Printed quarterly; distributed via kiosks in 6 FSS facilities
- Mailed to Air Force Club members' homes; contains "MacDeal Bucks"
- 32-Full Color pages; Circulation: 20,000 per quarter
- Also available online as a .pdf file for download on 6 FSS website



■ "PRIME-TIME" INSERT TO BASE NEWSPAPER

- Distributes once a month inside the MacDill Thunderbolt
- Contains all updated monthly information



■ 6th FORCE SUPPORT ONLINE RESOURCES

- Website: www.macdillfss.com
- Facebook page: www.facebook.com; Search "6th Force Support Squadron"
- Twitter: <https://twitter.com/6FSS>
- Pinterest: <http://www.pinterest.com/6fss/>
- Instagram: <https://Instagram.com/macdillfss>
- App store: "myairforcelife" app; Choose: MacDill AFB





6th Force Support Squadron

Web Link: <http://www.macdillfss.com>

[Home](#) | [About Us](#) | [Dining/Lodging](#) | [Life/Leisure](#) | [Recreation](#) | [Youth](#) | [Support Services](#) | [Employment](#)

Welcome!

MACDILL AIR FORCE BASE



FORCE

SUPPORT SQUADRON



Apr-Jun '16 BBB

[Hot News](#) | [Events](#) | [Photos](#) | [Links](#) | [Hours/Phones](#)

Welcome to the 6th Force Support Squadron

MACDILL AIR FORCE BASE



FORCE

SUPPORT SQUADRON

MacDill AFB, FL

Please bookmark this page and check back often!

OTHER IMPORANT BASE NUMBERS:

Base Operator: 828-1110

Base Exchange: 840-0511

Chapel: 828-3621

Commissary: 828-4832

Dental Appts: 827-9400

Dorm Mgmt: 828-2790

HAWC: 828-4739

Hospital: 828-5393

Legal Office: 828-4422

Medical Appts: 827-2273

Pharmacare: 828-2226

Public Affairs: 828-2215

[Click here for more info](#)

Retiree Activ: 828-4555

Tricare: 828-CARE

Visitor Reception: 828-2737

Vet Clinic: 828-3558

6FSS Phone Directory

Please contact the facility for specific information on their services/programs.

Click on the facility names to link to their page.



[6 FSS PHONE DIRECTORY AND BASE MAP](#)

(revised 7 Apr 16)

[Click above for printable pdf](#)

[SolveW Funds](#)

[Base Map](#)

Click above for Map &
6 FSS Phone Directory

(rev 7 Apr 16)

[Lunch-n-Learns](#)

[Club Membership](#)

[ID and CAC Cards](#)

The ID/CAC card section is
currently experiencing a
high volume of calls.
Please be sure to leave a msg
& we will return your call
within 1-2 bus days.

[NAF Job Openings](#)

[Virtual Resale Lot](#)

To Reserve the Theater:

[Theater Reservations](#)

(CAC Card required)

No CAC? Call 828-2621

FREE!
myMCz Mobile App
MacDill events, orgs and services!
Download free app from Apple App
Store and Google Play!



[Click image for details](#)

Facebook



Twitter



MyAirForceLife
App



Pinterest





CENTCOM

Family Readiness Program Manager

Ricardo Carrasquillo

CENTCOM Reception Center
7115 South Boundary Blvd
Building 571, Room 114
MacDill AFB, FL 33621
Phone: (813) 529-0539

E-mail: centcom.macdill.centcom-hq.mbx.family-readiness@mail.mil



Family Readiness Objectives

- Support of the USCENTCOM mission
- Promotes and improves self-sufficiency and resiliency by connecting families with information on services, programs and classes
- Participation is voluntary, **but highly encouraged!**
- Families participating receive **weekly email information** of events around MacDill and Tampa Bay
- Bottom line: Happy spouse, happy service member!



Sample weekly E-mail information



CENTCOM INFORMATION:

17 MAY – 0945 – 1200 – ANNUAL HURRICANE / EMERGENCY PREPAREDNESS BRIEFING – The CENTCOM Family Readiness and CENTCOM Emergency Manager bring you this briefing which is open to CENTCOM personnel and their Families. Two keys to weather safety are to prepare for the risks and to act on those preparations recommendation when alerted by emergency officials. Is your family ready? For questions 813-529-0539. RSVP using the following link: <https://einvitations.afit.edu/inv/anim.cfm?i=286291&k=0069440B7256> |

19 MAY – 1000 – 1400 – SAFETY & READINESS EXPO – All CENTCOM personnel and their families are invited to attend this superb event to help you get ready for the summer. Come join the fun and get lots of Freebies. Location: CENTCOM Pavilion / Lot 11.

AROUND MACDILL AND TAMPA BAY INFORMATION:

14 MAY – PARASAILING - 1000-1730, start off the afternoon with Parasailing at John's Pass! You will be able to see from St. Pete Beach, Treasure Island, Maderia Beach and all the way up to Clearwater Beach! After Parasailing, we will grab some seafood at Bubba Gump's and walk down the boardwalk. Food is not included in price. Cost is \$50. For information call 813-840-1513.

18 MAY- 20 MAY - COUPLES L.I.N.K.S (LASTING INTIMACY, NURTURING KNOWLEDGE & SKILLS) From 1400-1600 - COUPLES L.I.N.K.S is a 3-part training series designed to inform participants about how to cultivate and maintain intimacy in a relationship. The class will challenge participants to assess their current relationship status, enhance knowledge on healthy relationship dynamics and share practical skills to develop a stronger link. The class will be held at the "MacDill Area Resilience Center" at 8206 Hillsborough Loop Dr. Bldg. # 378, 3rd floor. To RSVP call 813-827-9172.

6th FORCE SUPPORT SQUADRON: The below link provides information regarding various programs and classes on a monthly basis. For questions call the 6th FSS Marketing office at 828-3055. <http://www.macdillfss.com/mainmenu-ec.aspx?SectionID=700>

6TH MEDICAL GROUP – Telephone 813-828-2273 (CARE). Locations: **6th Medical Group**, 3250 Zemke Ave., MacDill AFB, FL 33621 and **Brandon Clinic** 220 Grand Regency Blvd., Brandon, Fla. 33510. For more detail information visit <http://www.macdill.af.mil/units/6thmedicalgroup/>
PHARMACY VOLUNTEERS NEEDED! For questions call 813-827-9346.

BASE, BAY & BEYOND MAGAZINE (April – June 2016): Provided by the 6th Force Support Squadron to capture numerous activities available to service members and their families. For more information call 813-828-3055 http://www.macdillfss.com/images/AllImages/BBB/BBB_Apr-Jun16.pdf

MACDILL HEALTH & WELLNESS CENTER CALENDAR OF EVENTS (HAWC) – The below link provides information regarding various programs and classes on a monthly basis. For more information call 813-828-HAWC. Homepage: <http://www.macdillafb.bestofhealth.com>
Facebook: <http://www.facebook.com/macdillhawc>

OUTDOOR ADVENTURE MACDILL AFB: The below link provides information regarding various programs and classes on a monthly basis. For more information contact 813-840-6920 or visit their website at [http:// www.macdillfss.com/mainmenusub-rc.aspx?SectionID=430](http://www.macdillfss.com/mainmenusub-rc.aspx?SectionID=430)

DISCLAIMER: "The Federal government, including the Department of Defense and USCENTCOM, does not endorse any company, sponsor, or private organization, nor their products or services."



CENTCOM Welcome Guide

Newcomer's Information, Sponsorship and Family Readiness Program Overview

In direct support of the USCENTCOM mission, the Sponsorship and Family Readiness Program assists the command by maintaining readiness of its personnel and their Families with information and services that improve the quality of life by promoting self-sufficiency, resiliency and stability during peace, crisis and war.

Contact the CENTCOM Family Readiness Program Manager

✉ centcom.macdill.centcom-hq.mbx.family-readiness@mail.mil

Contact the CENTCOM Sponsor Manager

✉ centcom.macdill.centcom-hq.mbx.cchc-sponsor-coordinator@mail.mil

Contact the CENTCOM Community Relations

✉ centcom.macdill.centcom-hq.mbx.community-relations@mail.mil

Follow us and like us on Facebook

📘 [CENTCOM Family Readiness Facebook Page](#)

🔗 Click to return to the [CENTCOM Home Page](#)

Newcomers and MacDill Information

- 📁 6 Medical Group
- 📁 Airman and Family Readiness Center
- 📁 Child Care
- 📁 HART Bus Application MacDill
- 📁 MacDill AFB Services
- 📁 Motorcycle Safety
- 📁 Places to eat on MacDill AFB
- 📁 School and Education Information
- 📁 Things to do on MacDill AFB
- 📁 Voting Information

Florida Information

- 📁 Boating and Scuba Driving
- 📁 Counties information of Tampa Bay
- 📁 Department of Motor Vehicle
- 📁 Employment Information
- 📁 Fishing and Hunting
- 📁 Guns and weapons
- 📁 Local Events
- 📁 State Parks

CENTCOM Information

- 📁 5 Love Languages Military Edition
- 📁 CENTCOM Family Readiness Briefings
- 📁 Cyber Security Information
- 📁 Emergency Management
- 📁 Inprocessing (Check-in) Procedures
- 📁 Military Ranks and Acronyms

Family Readiness Information

- 📁 Directorate Family Readiness Coordinators.pdf
- 📁 Family Readiness Tri-Fold handout.pdf
- 📁 HQ USCENTCOM Family Readiness Checklist.pdf
- 📁 Registration Form - Family Readiness.pdf

Sponsorship Information

- 📁 CDR, USCENTCOM Welcome Letter.pdf
- 📁 Directorate Sponsorship Coordinators.pdf
- 📁 Sponsor Checklist.pdf
- 📁 Sponsor Training.pdf
- 📁 Sponsorship Links and Information.pdf

Veteran Information

- 📁 Military and Government Links and Information.pdf
- 📁 Other Local Agencies Links and Information.pdf
- 📁 Veterans Links and Information.pdf

Web link: <https://www6.centcom.mil/welcomeguide>



Family Readiness on going briefings

FAMILY ORIENTATION BRIEFING



Family Cyber Security
&
Social Media Awareness Briefing





Facebook Page

Web Link: **[“US Central Command Family Readiness”](#)**



- Another great tool to learn what is going on within MacDill and the Tampa Bay Area.
- Also where last minute **FREE** activities to do and Volunteer opportunities are post it.



The CENTCOM Family Readiness Program is please to sponsor

The Hurricane / Emergency Preparedness Briefing

***The briefing is only open to
CENTCOM personnel and their Families***

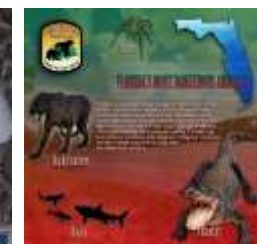
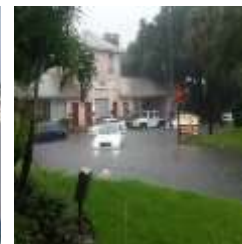


When: Tuesday, May 17th, from 0945-1200 at the
CENTCOM Reception Center, Bldg. 571, MacDill, AFB



RSVP using the below link no later than May 12th!!!
Limited seating available!

<https://einvitations.afit.edu/inv/anim.cfm?i=286291&k=0069440B7256>





EMERGENCY PREPAREDNESS INFORMATION

Recommended information sources offering command sponsored dynamic updates and/or situational awareness.

HQS, USCENTCOM EM InfoLine: 855-236-4636

MacDill AFB Hurricane InfoLine: 800-288-2034

USCENTCOM Public Access page: <http://www7.ds.centcom.mil>

Emergency Preparedness: <http://pcent.centcom.mil/sites/cchc/pages/EMPage.aspx>

MacDill AFB Public Access page: <http://www.macdill.af.mil/>

National Weather Service (Nationwide): www.srh.noaa.gov

Tampa Bay Online: www.tbo.com

MacDill area TV stations: Channel 9 (on-base), www.baynews9.com

10 News, www.wtsp.com FOX 13, www.myfoxtampabay.com

Radio: WFLF-970 AM, WLKF-1430 AM, WWRM 94.9 FM, WMTX 100.7 FM

USCENTCOM Personnel Accountability System (CPAS): <https://cpas.centcom.mil>

USCENTCOM HQ Emergency Manager: 813-529-0450, Cell Phone (BB): 813-407-2383



Questions?